

Initiation Ball – Lesson 1

WARM-UP

1. Blob Tag (Whole Group Activity) 5 minutes

Skills - running, dodging, agility , co-operation

Organization – mark out boundaries of plying area desired. Two players are chosen to be "it" and the rest scatter.

Activity – on "go" the Blob chases, trying to tag others

- tagged players join hands with the blob

- when Blob becomes 3 only the outside players can tag - when Blob becomes 4 split to make 2 mini-blobs

Split up into teams and go through the following stations in a clockwise rotation

Station 1 : Diamond Orientation (5 minutes)

Skills - Becoming familiar with diamond layout and ball terms Location: Home Plate

Organization: Put 1 adult in charge for every 2-3 players

Make sure players know names of other players in their group and adult in charge.

Activity: Familiarize players with diamond layout and terms Demonstrate as you speak. Start players at Home plate making them familiar with the name (Home) and that this is where the batter stands to hit. Let players pretend to hit and run to 1B, run to 2B, run to 3B, run back to home.

Station 2 : Catching - 5 minutes

Location – right field

Skills – proper use of glove for catching, how to wear it, how to use it

Equipment –1 ball and glove for each player

Organization – each player has a ball and space to work in where they won't bump into others.
Objective I to get the kids to get under the ball to catch it

Activity – each player tosses the ball in the air for a self-catch coach emphasizes proper use of glove – fingers pointing towards the sky

1) See if they can throw it higher each time

2) How many consecutive catches can they make?

3) Throw a little away from you and run to get under. – (a progression would be to have 1 adult toss it to every 2 kids - if skill level is high enough, players can throw to each other.)

Station 3: Powerball - 5 minutes

Location: left field

Skills: throwing, catching, cooperation

Equipment: 1 ball for every 2 players

Organization : players line up with one adult assigned to every 2 players, An appropriate distance apart.

Activity: Coach teaches progression for learning proper technique (keep it short) as outlined in skills section. Players start with no ball then progress to throwing the ball to an adult. To help make it fun emphasis should be on trying to "blast" the adult with the ball.

The next three stations are as follows. You are at each station for 10 minutes. Rotate in a clockwise order.

Station 1 : Hitting off a Tee

Location : Tees are on the left field line. Skills: Hitting

Equipment : one bat, helmet and tee for each player 6- 8 balls in a basket for each player

Organization: Spread the kids out so that, there is lots of room between the kids so that no one will be hit with a bat.

Activity: QUICKLY review the skill of hitting according to the skills section. Have the kids put a ball on their tee and while trying to use proper technique, hit the ball. Simply repeat until the time is up.

Station 2 : Fielding Balls

Location: Players are in left field

Skills: Fielding and throwing

Equipment : Gloves

Organization: Spread the kids out on the field.

Activity: Have the kids field the balls and throw them back in to where the tees are.

Cool-Down

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Initiation Ball – Lesson 2

WARM-UP

1. What Time Is It Mr. Wolf? -Whole Group Activity (5 minutes)

Skills - running, dodging, agility

Organization – One player is Mr. Wolf, who starts at one end of the designated areas. Other players start at the other end.

Activity – players start moving toward Mr. Wolf calling "What time is it Mr. Wolf?"

- Mr. Wolf calls out various times
- When Mr. Wolf calls "Dinner Time" he runs after other players who try to get back across the safe line before being caught. - Those that are caught join Mr. Wolf to help do the catching for the next round

2. Skill Knowledge (5 minutes)

Hitting Progressions and Hip Action

Organization: Have the kids line up on the third and first base lines.

Action: Teach stride and hip action in skills section.

Focus only on these two actions, as they are critical to a good swing. They will be unable to handle too much information at once.

Have them practice the motion with an imaginary bat. Explain to them that they will be using a real bat at one of the stations coming up.

Split up into teams and go through the following stations in a clockwise rotation

Station 1 : Sky Ball (10 minutes)

Skills - proper use of glove and positioning when catching fly balls

Location: Infield

Organization: put 1 adult in charge for every 2-3 players

Make sure players know names of other players in their group and adult in charge.

Activity: Coach will demonstrate progressions as in skills section

Players will then practice catching high tosses from an adult.

- 1) See if they can throw it higher each time
- 2) How many consecutive catches can they make?
- 3) Throw a little away from you and run to get under. a progression would be to have 1 adult toss it to every 2 kids if skill level is high enough, players can throw to each other.

Station 2 : Space Shuttle (5 minutes)

Location — right field

Skills — throwing for distance

Equipment -1 ball and glove for each player Extra balls for markers

Organization — each player has a ball and space to work in where they won't bump into others.

Activity — players stand behind a line and see how far they can throw. The adult marks where the ball lands. Repeat and try to beat the marker

Homing Device (5 minutes)

Location — right field

Skills — throwing for accuracy

Equipment —1 ball and glove for each player, extra balls, jackets, shoes etc. for markers

Organization -each player has a ball and space to work in where they won't bump into others.

Activity — players stand behind a line and see how close to the group of markers or jacket or shoes etc. that they can throw. The adult throws the ball back. Repeat and try to get closer to the target.

Station 3 – Monster Bash (10 minutes)

Location: left field

Skills: emphasis on stride and hip action of a good compact swing

Equipment: 1 bat per player, shoelace sticks

Organization : Players find a place where they are not going to hit anyone. Place the players an appropriate distance apart (1 adult for every 2 players).

Activity: The adult will hold the stick so that the end of the shoelace (pretend it's a

monster or something else appropriate) in front of the base at various heights. Alternate players every 5-10 swings. Other players can be taking practice swings.

Lead-up Game: Roadrunner (20 minutes)

Location : 1 team in the infield, one team in left field and one team in right field

Skills: Learning about the game

Equipment : one bat, helmet and tee, 2 bases, 3-4 balls

Organization: Work in partners. One group of partners (roadrunners) is at home plate. The other two sets (coyotes) are out in front of the tee in appropriate positions (same as an infield - without getting too concerned about actual positions), spread out. Establish a home plate and 1B

Activity: One of the Roadrunners hits the ball off the tee at Home Plate and runs to first and back before the coyotes get the ball back to the catcher. If the ball is caught in the air the batter is "out" and will be awarded no points. Fielders may not run with the ball – they must throw it. For every successful return to Home Plate the roadrunners get one point. The adult may have to help out at home. After each player has had three turns rotate in a new set of 2.

Cool-Down (5 minutes)

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques. The head coach will review the practice and answer any questions. After fielding questions gather everyone in, tell them how great they are and give 3 cheers for them.

Initiation Ball – Lesson 3

WARM-UP

1. Shadows -Whole Group Activity (5 minutes)

Skills - chasing, dodging, co-operation

Organization – 2 players designated as chasers and others scatter within a given area.

Activity – on "go" players scatter, while chasers try to step on their shadow
- change chasers often

Split up into teams and go through the following stations in clockwise rotation

Station 1 : Tee Hitting (10 minutes)

Skills - hitting, hand-eye coordination

Location: Hitting into the backstop.

Equipment: 1 tee, bat, and helmet for every player 6 balls per player.

Organization: place tees in front of and behind the backstop so that the players are hitting into the backstop. Make sure that there is enough room between them so that no one gets hit with a bat. If there is not enough room for everyone to bat at the same time then take turns.

Activity: Coach will demonstrate progressions as in skills section. Players will then practice hitting the ball into the screen and repeating the drill for the duration. For those that this is easy to do use a soft toss from the side rather than using the tee

Station 2 : Toss and Run (10 minutes)

Location – right field

Skills – throwing for accuracy

Equipment –1 ball and glove for each 3 players

Organization – Split the group into 2 teams of three. Have the kids stand facing each other 10-15 feet apart with two players at one end and one at the other.

Activity – Starting at the end with 2 players the first player in line throws the ball to the person opposite them. As soon as they throw the ball they run and follow it so that now they are in the other line. They turn around to receive the ball. As soon as the player receives the ball they throw it and follow their throw. If the players are of a higher skill level they can be moved further apart.

Station 3: Fielding Flies and Grounders (10 minutes)

Location: Players are in left field

Skills: Fielding and throwing

Equipment : Gloves

Organization: 2 groups of 3 single file with 1 adult per group.

Activity: The adult will throw the player either a fly ball or a ground ball. Once the player has thrown it back they go to the back of the line. Stress the importance of the "next" in line backing up the person who is catching.

Game:

Teams will rotate between the infield, batting and a skills station set up in the outfield.

Playing Rules:

- All players are in the batting order. An offensive inning is complete once the entire team has been up to bat. *Players will hit using a tee and a tennis or rubber ball.*
- No stealing bases or bunting is permitted. Base runners must stay at the base until the ball is hit.
- Runners cannot advance on passed balls or wild pitches.
- Outs can be made at any base. If a defensive player can touch a base before a runner or batter runner gets to a base they are declared out. Use this until players can actually get the ball to 1st base to put the runner out.
- Reverse the batting order each inning.

Skills Station

Learn to catch a ball (coach tosses the ball under hand)

- . Finger in every hole of the glove
- . Palms up little fingers together
- . Give with the ball
- Toss the ball from side to side, make them move for the ball

Teach Throwing a ball

- . Spread their feet (throwing foot to glove foot lined up with the target)
- . Goal post position (elbows as high as the shoulders, palm of the ball hand facing away)

- . Turn and throw to the coach
- . Feet spread with hands together
- Rock back to goal post position, turn and throw the ball

Cool-Down (5 minutes)

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Initiation Ball – Lesson 4

WARM-UP

1. Toes -Whole Group Activity (5 minutes)

Skills - chasing, dodging,

Organization – all players designated as chasers and all coaches as targets.

Activity – on "go" coaches scatter, while chasers try to step on the coach's toes

Split up into teams and go through the following stations in clockwise rotation

Station 1 : Tee Hitting (10 minutes)

Skills - hitting, hand-eye coordination

Location: Hitting into the backstop.

Equipment: 1 tee, bat, and helmet for every player 6 balls per player.

Organization: place tees in front of and behind the backstop so that the players are hitting into the backstop. Make sure that there is enough room between them so that no one gets hit with a bat. If there is not enough room for everyone to bat at the same time then take turns.

Activity: Coach will demonstrate progressions as in skills section. Players will then practice hitting the ball into the screen and repeating the drill for the duration. For those that this is easy to do use a soft toss from the side rather than using the tee

Station 2 : Spell Your Name (10 minutes)

Location – right field

Skills – throwing, receiving

Equipment –1 ball and glove for each 2 players

Organization – Split the group into 3 teams of two. Have the kids stand facing each other 10-15' apart . Try to pair up by ability.

Activity – Partners throw the ball back and forth overhand. They get a letter in their name every time they make a catch. When they complete their name they move back 2 steps. (An adult may have to be the thrower if the skill level is not advanced enough.)

Station 3: THE CREEP (10 minutes)

Location: Players are in left field

Skills: Ready Position and Fielding

Equipment : Gloves, Balls

Organization: a 1:2 ratio of coach to player is preferred

Activity: Teach the proper ready position . Have the kids 'creep' in as if they were going to receive a ground ball., Practice getting the free hand to cover the ball. Once they have the idea Start throwing ground balls to them, having them return to a starting line and 'creeping'.

Game:

Teams will rotate between the infield, batting and a skills station set up in the outfield.

Playing Rules:

- All players are in the batting order. An offensive inning is complete once the entire team has been up to bat. *Players will hit using a tee and a tennis or rubber ball.*
- No stealing bases or bunting is permitted. Base runners must stay at the base until the ball is hit.
- Runners cannot advance on passed balls or wild pitches.
- Outs can be made at any base. If a defensive player can touch a base before a runner or batter runner gets to a base they are declared out. Use this until players can actually get the ball to 1st base to put the runner out.
- Reverse the batting order each inning.

Skill Station

Hitting and dropping the bat rather than throwing it

Equipment : batting tee, 6 balls, each team needs a marker or base to be 1B

Organization: Set up a Tee in front of a carpet home plate. Draw a circle on the ground where the bat should be dropped before running. Place first base 30-40 feet from where the tee is set up.

Players are divided as follows: 1 batter, 1 on deck, 1 at first base and the others spread in the infield.

Activity: First player hits off tee, drops their bat in the marked circle, and runs to the base. Then he returns to be an on deck batter. Fielders retrieve the ball and try to throw it to first. An adult should be backing up first. If the first baseman catches the ball he tosses it to the adult who is backing him up and the adult throws it to the adult that is replacing balls on the tee. While the ball is being retrieved the on deck batter prepares to hit. After each batter has had 3 turns they rotate out and a new set of batters comes in.

Cool Down: Squash the Mosquito (5 minutes) Whole group activity

Skills: Rounding the bases

Equipment: 4 bases

Organization: Put the bases down in their proper location on the diamond.

Activity: Have all players at home plate. Pretend there is a mosquito on the INSIDE corner of each base. The players take a swing at the imaginary bat runs as fast as possible to the next base, stepping on the mosquito as they round it. Remind players that it is easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base. It would be helpful to put a marker down that they would have to run to the outside of.

Initiation Ball – Lesson 5

WARM-UP

1. SIMILES -Whole Group Activity (5 minutes)

Skills - original movement by children , exercise body and imagination, flexibility

Activity – Try not to demonstrate unless there is no response from the players.

Wobble like jello on a plate
Skip like a giant with big boots
Pop like a bursting bubble
Walk like a giant with a stiff neck
Fly like superman
Move you legs like a pair of scissors
Hop like a frog
Shake like a wet dog
Hop like a hammer has been dropped on your foot
Jump like cheerleaders who have won a game
Melt like an ice cube in the sun
Stretch like a puppy waking from a nap

Split up into teams and go through the following stations in clockwise rotation

Station 1 : Tee Hitting (10 minutes)

Skills - hitting, hand-eye coordination

Location: Left field

Equipment: 1 tee, bat, and helmet for every player 6 balls per player.

Organization: place tees on the third base line. Make sure that there is enough room between them so that no one gets hit with a bat. If there is not enough room for everyone to bat at the same time then take turns.

Activity: Coach will demonstrate progressions *as in* skills section Players will then practice hitting the ball into left field.

Station 2: Tennis (10 minutes)

Location – right field

Skills – fielding ground balls and fly balls

Equipment – balls and gloves and one or more racquets

Organization – Split the group into 3 teams of two. Have the kids stand facing the coach 15' apart .

Activity – Coach hits the ball into the air or on the ground using the racquet. Make sure that the players are in the ready position before the ball is hit. Have the non-receiving player practice backing up their partner.

Station 3: Soft Toss (10 minutes)

Location: At the backstop

Skills: Batting

Equipment : 3 bats and 6 balls per bat

Organization: a 1:2 ratio of coach to player is preferred. Spread out along the backstop or use the other side if there is not enough room

Activity: Have the player stand at the backstop so that their lead shoulder is pointing at the backstop (normal batting position) . The coach from the side will toss a ball slightly in front of the batter and they will hit it into the backstop. After 10 hits change batters. The players not batting can shag balls for the coach.

Game:

Teams will rotate between the infield, batting and a skills station set up in the outfield.

Playing Rules:

- All players are in the batting order. An offensive inning is complete once the entire team has been up to bat. *Players will hit using a tee **or coach pitch** and a tennis or rubber ball.*
- No stealing bases or bunting is permitted. Base runners must stay at the base until the ball is hit.

- Runners cannot advance on passed balls or wild pitches.
- Outs can be made at any base. If a defensive player can touch a base before a runner or batter runner gets to a base they are declared out. Use this until players can actually get the ball to 1st base to put the runner out.
- Reverse the batting order each inning

Lead-up Game: Bucket Ball (15 minutes)

Skills Station:

Skills: Throwing, fielding, base running, co-operation, teamwork

Equipment: 6 balls, 1 plastic bucket and 3 pylons

Organization: One player is batting. The other players are in the field with one player at home plate with the bucket and the rest spread out over the infield.

Activity: The batter' throws out two balls in quick succession and runs around the pylons and tries to make it home before the fielding team gets both balls in the pail. The fielding team fields the ball and throws it to the catcher who puts it in the bucket. Fielders may not run with the ball. It must be thrown home. Relay the ball if necessary. Remind players to make sure catcher is looking. An adult may have to help out at home. Make sure to change catchers every time so that everyone gets a chance to play there.

Cool-Down (5 minutes)

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Initiation Ball – Lesson 6

WARM-UP

1. What Time is it Mr. Wolf? -Whole Group Activity (5 minutes) Same as Lesson 2 Warm-up

Split up into teams and go through the following stations in clockwise rotation

Station 1 : Tee Hitting (10 minutes)

Skills - hitting, hand-eye coordination

Location: Left field

Equipment: 1 tee, bat, and helmet for every player 6 balls per player.

Organization: place tees on the third base line. Make sure that there is enough room between them so that no one gets hit with a bat. If there is not enough room for everyone to bat at the same time then take turns.

Activity: Coach will demonstrate progressions *as in* skills section Players will then practice hitting the ball into left field.

Station 2: Shagging Balls (10 minutes)

Location – left field

Skills – fielding ground balls and fly balls

Equipment –balls and gloves

Organization – Shag the balls that are being hit by the hitting team and throw them back in .

Station 3: Home Run (10 minutes)

Location: At the backstop Skills: Throwing Accuracy

Equipment : 2 targets and lots of balls

Organization: 2 groups of three at each target. Mark out 4 lines at various distances from the target. Distances can be according to ability of the group. A high success rate is wanted.

Activity: The line closest to the target is a 'single' if the target is hit. The second line is a 'double' etc... up to a home run. The players stand at the various lines to see if they can hit the target. Points are awarded as follows:

Single: 1 point
Double : 2 points
Triple: 3 points
Home Run: 4 points

The objective can be to see if each player can get more points on each consecutive throw or it can be made competitive with other groups by totaling each group's points.

Game:

Teams will rotate between the infield, batting and a skills station set up in the outfield.

Playing Rules:

- All players are in the batting order. An offensive inning is complete once the entire team has been up to bat. ***Players will hit using a tee or coach pitch and a tennis or rubber ball.***
- No stealing bases or bunting is permitted. Base runners must stay at the base until the ball is hit.
- Runners cannot advance on passed balls or wild pitches.
- Outs can be made at any base. If a defensive player can touch a base before a runner or batter runner gets to a base they are declared out. Use this until players can actually get the ball to 1st base to put the runner out.
- Reverse the batting order each inning.

Skills Station:

Fielding ground balls and fly balls (roll ground balls and toss fly balls to each player) . Roll ground balls so they have to get behind the ball

. Field the ball between the feet

- . Keep the bum down (low)
- . How to make an out at 1st base
- . Toss fly balls so they learn to adjust to the ball

Cool-Down (5 minutes)

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Initiation Ball – Lesson 7

WARM-UP

1. Partner Tag -Whole Group Activity (5 minutes)

Skills - running, chasing

Activity –Partners face each other from opposite ends of designated playing area

On "GO", one partner tries to tag the other. When the partner is tagged, the roles are reversed.

After being tagged, the player performs a task (i.e. 3 jumping jacks, etc..) to give the other player time to get away

Split up into teams and go through the following stations in clockwise rotation

CIRCUS TIME !!!

Ring 1: Performing Seal (5 minutes)

Skills - fielding fly balls

Location: Left field

Equipment: gloves and balls

Activity: The "Ring Master" throws the ball up in the air to one "seal" at a time, who catches it. See how many balls the seals can catch in the time allotted. Two groups of three would work best if there are 2 'Ring Masters" available.

Ring 2: Hungry Lions (5 minutes)

Location – right field

Skills – fielding ground balls

Equipment – balls and gloves

Organization – Split the group into 3 teams of two. Have the kids stand facing the coach 15 feet apart.

Activity – The 'Ring Master' throws grounders to one 'lion' at a time, who gobbles it up. See how many 'lions' can eat without dropping the food.

Ring 3: Prancing Ponies (5 minutes)

Location: At home plate

Skills: Baserunning

Equipment : 4 bases put out in regular infield position

Activity: "ponies" take turns taking a swing at an imaginary ball, dropping the bat, and rounding bases as fast as they can.

** At this time someone will have to help rearrange the equipment *as we* want to keep this moving quite quickly

Ring 4: Throwing Elephants (5 minutes)

Skills - throwing for accuracy

Location: Backstop

Equipment: gloves and balls and targets on s-hooks

Activity: "Elephants" use their trunks (arms) to throw balls at targets. Vary the distance according to ability

Ring 5: Fireworks (5 minutes)

Location – left field

Skills – hitting off tees

Equipment – 3 tees, three bats and lots of balls

Organization – Split the group into pairs.

Activity – One partner has a bucket of balls with about 10 balls in it. The other partner is the batter. The idea is to hit the ten balls off the tees as quickly as possible. As the batter hits the ball, the partner replaces it with another ball. Once all of the balls are hit they switch and help each other gather another ten balls in the bucket for the next hitter. Try to make the balls 'pop' off the bat.

Ring 6: Dancers (5 minutes)

Location: At home plate

Skills: Agility and "quick feet"

Equipment : 4 bases put out in regular infield position

Activity: Dancers will perform the following agility skills:

HP –1B Run

1B-2B - Run backwards

2B-3B – Grapevine facing the outfield (Right foot in front of left, step, right foot behind left step)

3B-HP - Grapevine facing the infield (reverse of 2B-3B)

HP –1B – Skip

1B-2B – Hop

2B- 3B - Shuffle step sideways

3B – HP - Knees high march

HP – HP run the bases

Lead-up Game: Grand Slam (15 minutes)

Location : One team each in the infield, left field and right field

Skills: Throwing, fielding, batting

Equipment : For each group: 1 bat, several balls, gloves

Activity: One batter hits to the others who are fielders. When a fielder catches 2 fly balls OR 4 grounders, they become the new batter. Players can't bat a second time until everybody has batted. Explain to the players that the job of the batter is to hit the balls to the players rather than hitting it over their heads, to the side of them etc...

Cool-Down (5 minutes)

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Initiation Ball – Lesson 8

"* Remind all players to wear older clothing next practice as we will be practicing our dive backs.

WARM-UP

1. Leap Frog Tag-Whole Group Activity (5 minutes)

Skills running, dodging, body awareness

Organization - Designate 2 or 3 frog catchers. The rest are frogs that try to avoid being caught.

Activity- when tagged the frog is frozen in frog position. Frozen frogs can be unfrozen by another leap-frogging over top of them.

Split up into teams and go through the following stations in clockwise rotation

Station 1 : Bull's Eye (10 minutes)

Skills - throwing, fielding

Location: Backstop area

Equipment: 2 bats, several balls and the carpet targets hung up on the backstop.

Organization: Split the team into two groups of three (each group in front of their target).

Activity: An adult will throw either a fly or ground ball to the first person in line, who fields it and throws it at the target. After the throw the player moves to the back of the line and the next player takes a turn. Score 1 point for fielding and 1 point for hitting the target

Station 2: BEEP BEEP (10 minutes)

Location – infield, but further out so as to not interfere with Station 1

Skills –rounding the bases, speed development, conditioning Equipment – 4 bases

Organization – put bases down in proper order. One player starts at home plate and the extra players stand behind him.

Activity – on "GO" the fast player runs around all of the bases and returns to tag the next player in line. When all players have gone they all yell BEEP, BEEP. The coach can time either by a watch or by simply counting. Repeat, always trying to better the time. Emphasize proper rounding techniques including stepping on the inside corner and 'rounding' the bases'.

Station 3: Soft Toss or tee hitting (10 minutes)

Location: left field

Skills: Batting

Equipment : 6 bats and 6 balls per bat

Organization: Spread out along the left field line

Activity: Hit from the tees or if some players are too advanced for this soft toss the ball from the side so that it is in front of the batter slightly.

Game:

Teams will rotate between the infield, batting and a skills station set up in the outfield.

Playing Rules:

- All players are in the batting order. An offensive inning is complete once the entire team has been up to bat. ***Players will hit using a tee or coach pitch and a tennis or rubber ball.***
- No stealing bases or bunting is permitted. Base runners must stay at the base until the ball is hit.
- Runners cannot advance on passed balls or wild pitches.
- Outs can be made at any base. If a defensive player can touch a base before a runner or batter runner gets to a base they are declared out. Use this until players can actually get the ball to 1st base to put the runner out.
- Reverse the batting order each inning.

Skills Station:

Hitting off the Batting Tee

Skills: Throwing, fielding, baserunning, co-operation, teamwork

Equipment : For each group: 2 balls, 1 bat and 4 pylon

Organization: 1 team member is batting and the others are spread out over the field.

Activity: the batter hits the ball off the batting tee INTO (not over) the playing area and

runs around the bases until FREEZE is shouted. FREEZE may have to be shouted more than once at this age. The ball is fielded, then thrown so that every fielder catches the ball. The last fielder to touch the ball then yells FREEZE. Score points by counting the number of bases touched. After the batter has had two consecutive turns he rotates to the infield and a new batter comes in. Continue to rotate until all of the players have had a turn. Emphasize proper rounding technique.

Cool Down

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Initiation Ball – Lesson 9

WARM-UP

1. Shark in the Tank-Whole Group Activity (5 minutes)

Skills running, dodging, body awareness

Organization - Designate 2 or 3 players who are the "sharks", the rest are the "fish" . Mark off a playing area to be the "tank"

Activity- Fish must stay in the tank. "Sharks" are times to see how long it takes them to catch all the fish. When they do choose new "sharks".

Split up into teams and go through the following stations in clockwise rotation

Station 1 : Leonardo (10 minutes)

Skills - throwing, grounders

Location: infield

Equipment: several balls

Organization: Adult helper for every two players, standing an appropriate distance from the players.

Activity Coach throws grounders to each player one at a time. Every time the ball is picked up cleanly and thrown back accurately the pair gets a letter in "LEONARDO". Partners can compete against each other OR other teams.

Station 2: Slugger (10 minutes)

Location -left field

Skills -hitting, fielding

Equipment – 6 bats and lots of balls, tees for those who need them

Organization – 3 groups of two with an adult with each group

Activity : Using a live pitch, starting underhand then progressing to overhand if the players are ready for it, each player takes 7 hits then switches with his/her partner. If a tee is still needed then feel free to use it.

Station 3: Shagging (10 minutes)

Location: left field Skills: Fielding

Equipment : gloves

Organization: Spread out in left field

Activity: field and throw in the balls from the group that is hitting.

Lead-up Game: Field (15 minutes)

Location : 1 team in the infield, one in left field and one in right field

Skills: Throwing, fielding, hitting, catching

Equipment : For each group: 2 balls, 1, bat and 4 bases

Organization: 1 team member is batting and the others are spread out over the infield.

Activity: One batter at a time bats off an adult pitcher. When a fielder has successfully fielded two ground balls or caught 1 fly ball they become the batter. If, after 10 hits, the batter is still the same just rotate another player in. Players rotate positions. Make sure all players get an opportunity to bat.

Round – Jam – Dive Back (10 minutes)

Using the "Skills" section of the binder, instruct the players on the proper way to round – jam – dive back. Let them try it, in the grass only, not in the infield.

Cool-Down (5 minutes)

The head coach will take the kids for a slow jog around the diamond and end up in center field. Do a couple of stretches and explain why we cool down. Although at this age group there isn't a lot of stress on their bodies we are trying to establish good training techniques.

Repeat lessons 3-9 for future sessions. Ensure that the game play provides an option of batters using a tee or having a coach pitch to the player (depending on skill level).